

197

16. The method of claim **15**, wherein the NMN or salt thereof is administered at a dose of between 0.5-5 grams per day.

17. The method of claim **15**, wherein the NMN or salt thereof is administered as a pharmaceutical composition 5 comprising a pharmaceutically acceptable carrier and the NMN or salt thereof.

18. The method of claim **17**, wherein the pharmaceutical composition is adapted for oral administration.

19. The method of claim **17**, wherein the NMN or salt 10 thereof is administered orally.

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198